

Taranjot Kaur Dhillon

PhD Candidate

Teaching & Research Assistant

Brock University

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FORMAL EDUCATION

2021-Present	PhD	Doctor of Philosophy, Applied Health Sciences Behavioral and Population Health Brock University Supervisor: Dr. Kimberley L. Gammage
2019-2021	MSc	Master of Science, Applied Health Sciences Brock University Supervisor: Dr. Kimberley L. Gammage
2015-2019	BA(H)	Bachelor of Kinesiology (BKin) Minor in History Brock University

CURRENT POSITIONS

2019-Present	Teaching Assistant Course: KINE 2P05 - Foundations of Motor Behaviour Department of Kinesiology, Brock University
2019-Present	Centre Staff Exercise & Yoga Instructor Brock Functional Inclusive Training (Bfit) Centre Brock University

PREVIOUS POSITIONS

2023	Teaching Assistant Course: KINE 4P71 - Healthcare Ethics Department of Kinesiology, Brock University
2022-2023	Research Assistant Project Title: <i>Exploring the Health Impacts of the Shape Your Life (SYL) Project on Youth Affected by Family Violence</i> Department of Kinesiology, Brock University
2020-2022	Research Assistant

Project Title: *Exploring Gestational diabetes mellitus (GDM)-related stigma in pregnancy*
Department of Kinesiology, Brock University

2020, 2021	Teaching Assistant Course: KINE 2P92 - Foundations in Adapted Physical Education & Disability Studies Department of Kinesiology, Brock University
2021-2022	Exercise Instructor BrockFit (Pelham) Brock Functional Inclusive Training (Bfit) Centre Brock University

SCHOLARLY ACTIVITIES

Editorial Activities

2019	Brock Health Magazine (Newsletter) Graduate Student Editor
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Publications

Dhillon, T. K., & Nagpal., T. S., et al. (In progress). “I just don’t know what I did differently” - Exploring experiences of gestational diabetes mellitus.

Dhillon, T. K., & Gammage., K. L. (In progress). A scoping review exploring and identifying gaps in the body image literature about South Asian women living in Western settings.

Dhillon, T. K., & Gammage., K. L. (In progress). Perceptions of peer support for exercise in members of a Niagara-based program for those with mobility-related disorders.

Dhillon, T. K., & Gammage., K. L. (2023). Understanding the relationship between body image and menopause in South Asian Canadian women. *Body Image*, 46, 280-293.
<https://doi.org/10.1016/j.bodyim.2023.06.007>

Dhillon, T. (2019). The prosperity of liberal-capitalism in the North Atlantic. *The General: Brock University Undergraduate Journal of History*, 4, 31-43. doi: 10.26522/tg.v4i0.2131

Community Outputs

2022	<i>Gender-Based Violence Toolkit</i> Authors: Sharan Khela, Manvir Bhangu, Pauline Bal, Bidushy Sadika, Gurnoor Brar, Harjit Kaur, Taranjot Dhillon, Kiran Jassal, Zayn Dhillon, Bipandeep Abbat, and Fatima Aamir https://www.laadliyan.com/genderbased-violence
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2021 Needs Assessment: Community Conversations with Daughters Impacted
by Gender-based Violence
[Community Impact - GBV](#)
Laadliyan Gender-based Violence Community Advisory Committee

CONFERENCE PRESENTATIONS

8th Canadian Obesity Summit

May 14-17, 2023

Obesity Canada

Whistler, British Columbia

Symposium Abstract: *Pregnancy and weight - Discussing the stigma of it all.*

Mapping the New Knowledges

April 12, 2023

Graduate Student Research Conference

Brock University

Abstract submission for presentation: *A scoping review exploring and identifying gaps in the body image literature about South Asian women living in Western settings.*

Canadian Psychological Association (CPA) National Convention

June 17-19, 2022

Calgary, Alberta

Abstract submission for presentation: *Understanding the relationship between body image and the transition of menopause in South Asian women.*

Niagara Health Research Day

April 28, 2022

Virtual (Poster Presentation), Community-Based Research

Abstract submission: *Perceptions of peer support for exercise in members of a Niagara-based program for those with mobility-related disorders.*

Mapping the New Knowledges

April 14, 2022

Graduate Student Research Conference

Brock University

Abstract submission for presentation: *Understanding the relationship between body image and the transition of menopause in South Asian women.*

NASPSA 2021 Conference

June 9-11, 2021

Virtual Conference

Abstract submission for presentation: *Perceptions of Peer Support for exercise in members of a program for those with mobility-related disorders.*

Mapping New Knowledges: GRADconnect Conference

April 2021

Graduate Student Research (Virtual) Conference

Brock University

Abstract submission for presentation: *Understanding the relationship between body image and the transition of menopause in South Asian women.*

Mapping the New Knowledges (Cancelled due to COVID-19)

April 2020

Graduate Student Research Conference

Brock University

Abstract submission for presentation: *Understanding the relationship between body image and the transition of menopause in South Asian women.*

ESCEPS 2020 Conference

Brock University (Cancelled due to COVID-19)

Abstract submission for presentation: *Understanding the relationship between body image and the transition of menopause in South Asian women.*

ACADEMIC EXPERIENCES

2022-Present	Research Ethics Board (REB) Brock University Graduate Student Member
2022-Present	Institute for Lifespan Development Research Brock University Graduate Student Member
2022	Science Communication Modules - Testing Phase #1 Niagara Validation, Prototyping & Manufacturing Institute (VPMI) Participant Tester
2022	Teaching Assistant Certificate Teaching and Learning in Higher Education Centre for Pedagogical Innovation, Brock University
2022	Teaching Assistant Certificate Program in Online Teaching and Learning in Higher Education Centre for Pedagogical Innovation, Brock University

STUDENT SUPERVISION

2022	Undergraduate Project Course (Jeanisa Hanieph, BMSc) Brock University Project Title: A Scoping Review: Exploring and identifying gaps in the body image literature about South Asian women living in Western countries.
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RESEARCH GRANTS, FUNDING, AWARDS

External Grants

2022	Explore Grant Innovation Strategy Program Exploring gestational diabetes stigma and the relationship with prenatal physical activity and nutrition Principal Investigator: Dr. Taniya Nagpal Research Assistant (2022-2023) \$7,000.00
2016-2019	Public Health Agency of Canada Innovation Strategy Program Measuring the Effects of the Shape Your Life Project on the Mental and Physical Health Outcomes of Victims of Domestic Violence Principal Investigator: Dr. Cathy van Ingen Research Assistant (2020-2022) \$394,206.00

Awards

2022	Canadian Psychological Association Section on Women and Psychology (SWAP) Student Paper Award Paper Title: Understanding the Relationship between Body Image and Menopause in South Asian Canadian Women” \$500.00
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COMMUNITY/VOLUNTEER/OTHER EXPERIENCES

2021-Present	Laadliyan Organization <i>Community Advisor (Research, Grants, Gender-based Violence Awareness Programming)</i> <i>Gender-based Violence Community Advisory Committee</i>
2018-Present	Big Brothers Big Sisters of Niagara <i>Mentorship Program</i>
2022	Gender-based Violence: Another Laadli Lost <i>The Hey Laadli Podcast, Guest Speaker</i>
2022	Laadliyan & Body Image <i>The Hey Laadli Podcast, Guest Speaker</i>
2021	Advanced Gender & Sexual Violence Support and Education Certificate <i>Brock University - Student Wellness and Accessibility Centre</i>

2019	The Body Project: Peer Leader <i>Training & Facilitation</i>
2014-2019	Markham Thunder (CWHL) <i>Staff Member</i>
2010-2018	Dhillon Optical Inc. <i>Retail Manager</i>
2018-2019	FAHS (Faculty of Applied Health Sciences) Mentorship Program <i>Student Mentor</i>

CERTIFICATIONS

2024	Standard First Aid with CPR-C Training
2019	Knowledge Mobilization
2019	The Body Project
2018	Teaching Basic Gentle Yoga Certification
2022	Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2: CORE) (October 2021)

LANGUAGE

English: Native Language
Punjabi: Native Language